



# The Pooches' Post

September 2018

## -CLUB OFFICERS-

### President

Bonnie Spiece  
517-896-1417  
windypinecc@gmail.com

### Vice-President

Robin Casey  
307-514-1519  
sgborzoi@aol.com

### Recording Secretary

Barb Patterson  
307-214-1051  
wyowolf-  
hound@yahoo.com

### Corresponding Secretary

JoLynn Hefferman  
307-634-6940  
hjh0205@msn.com

### Treasurer

Barb Sahl  
307-421-5514  
barb.sahl.307@gmail.com



## UPCOMING MEETING INFORMATION

**September 13, 2018**  
**Board Meeting**  
**Bonnie's Home, 6:30 PM**

**September 20, 2018**  
**General Meeting**  
**at Laramie County Library,  
Willow Room, 7:00 PM**



## INSIDE THIS ISSUE

Upcoming Meeting Information	1
Board Meeting Minutes	2
General Meeting Minutes	3
Eat Your Vegetables	4,5
Upcoming AKC Events—Barn Hunt Book	6

## Dog Classes in Cheyenne



### Barb Sahl/ "The Elemental Dog, LLC"

Scent detection games for dogs  
(307) 421-5514  
[the.elemental.dog@gmail.com](mailto:the.elemental.dog@gmail.com)  
Facebook at The Elemental Dog, LLC



### Alliance of Therapy Dogs

For information contact:  
Billie Smith at (307) 432-0272



### Cathy Anderson/ "A Paws-A-Tive Step K9 Training"

(307) 630-9616  
[CheyRottRescue@aol.com](mailto:CheyRottRescue@aol.com)



### Mary Flanderka/ADAPT

Agility & Obedience  
(307) 290-0069  
[mfland7456@msn.com](mailto:mfland7456@msn.com)



**MONICA TURNER, CTDI**  
Certified Trick Dog Instructor

- Private lessons
- Title evaluations
- 307 - 206 - 5588
- Pet sitting
- Dog walking
- Rover.com/sit/MonicaTurner



Mailing Address - **CHEYENNE KENNEL CLUB • PO BOX 202 • CHEYENNE, WY 82003**

If you change your contact information (email, mailing, address),  
please contact Bonnie Spiece at [windypinecc@gmail.com](mailto:windypinecc@gmail.com) or (517) 896-1417

## 2018 SHOW COMMITTEES

### Show Chairman

Chair: Stacy Clift  
Assistants: Judy Wrynsinski

### Judges

Chair: Judy Wrynsinski

### Obedience

Chair: Judy Wrynsinski

### Rally

Chair: Judy Wrynsinski  
Assistant: Barb Sahl

### Chief Ring Steward (Conformation)

Chair: Bonnie Spiece

### Chief Ring Steward (Obedience/Rally)

Chair: Monica Turner

### Conformation Trophy, Billing, Catalog Ads

Chair: Dottie Conard  
Assistant: JoLynn Hefferman

### Obedience Trophy, Billing, Catalog Ads

Chair: Dottie Conard  
Assistant: JoLynn Hefferman

### Food Vendors

Chair: Janet Dailey/Mary Flan-derka

### Hospitality

Chair: Kathy and Gary Spahr  
**Reserved & Free Grooming**  
Chair: Sandy Trujillo  
Assistant: Cathy Anderson

### Grounds

Chair:  
Assistant:

### RV Parking

Chair: Jim Trujillo  
Assistant: Sandy Trujillo

### RV set-up & planning

Chair:

### Catalog Sales

Chair: Cindy Germain

### Clean-up Crew

Chair:

## CKC Board Meeting

August 9, 2018, at Bonnie Spiece's home

President Bonnie Spiece called the meeting to order at her home at 6:33 p.m.

- The following board members were present: Bonnie Spiece, Robin Casey, Jo-Lynn Hefferman, Stacy Woita, Barb Sahl, Cathy Anderson, Jim Trujillo, and Chandra Flaim. Barb Patterson was absent..
- Minutes from June Board meeting were approved as published in the Pooches post.
- Treasurer's report for June was approved as presented.
- Corresponding Secretary: Several RV reservations were received for our Labor Day Show.

### Special Committee Reports:

Events: Jo-Lynn presented guidelines for holding a barnhunt event later on this Fall.

By Laws: The By Laws changes as presented by Robin were approved and will be presented to the general membership for approval before being submitted to AKC.

It was noted that our officers and board members are bonded and insured for \$250,000.00.

**Old Business:** Robin has no additional information on the proposed city ordinance changes.

2019 Awards banquet/luncheon: Barb Patterson and Jo-Lynn checked out Dad's Café. We noted that the facility might not be large enough to accommodate our group. Jo-Lynn thought the portions were rather modest for the price.

**New Business:** None

**2019/2020 Show** - Archer Complex in 2020? This was tabled as the county has yet to break ground for the new building.

### **2018 Show:**

- Stacy reported that she as yet does not have a grounds committee.
- Also, Frontier Days Committee has begun construction in the east parking lot. This may be a significant distraction for exhibitors in rally and obedience.
- Jo-Lynn reported that we can have up to four vendors inside if they use a 10x10 space.
- It was noted that costs for hiring law enforcement to run security for us has risen from \$30.00 to \$40.00 per hour. It was decided that we only need them for Friday and Saturday.
- AKC now requires that we have a person on site who is certified in CPR. Stacy will look into this.
- Our food vendors so far include Mile High Fries, Butler Dogs, a booth serving Mexican food and possibly one for coffee.
- There will be no banners advertising our show this year.
- Show setup will be Wednesday, August 29<sup>th</sup> beginning at 5 p.m.
- Meeting was adjourned at 8:00 p.m.

JoLynn Hefferman—Corresponding Secretary

# Cheyenne Kennel Club General Meeting August 23, 2018 Laramie County Library, Sunflower Room

Meeting was called to order at 7:08 p.m.

**Minutes:** MSP to approve June General meeting minutes as published in the July Pooches' Post

**Treasurers Report:** MSP to approve as presented

**Corresponding Secretary:** receiving RV reservations

**Guests introductions:** P. J. (Peter) Kuzdal

**Member Applications:** P.J. (Peter) Kuzdal

**Committee Reports:**

**Event Committee:** Bonnie: none

**Website:** Bonnie: info on construction at show site posted to website

**Newsletter/Pooches Post:** Editor: Mary Flanderka: none

**Education:** JoLynn: none

**Programs:** Barb S: a veterinary acupuncture (Dr Marcy) at Oct 25 general mtg; Barb S. will get a writeup to Mary for publication in newsletter

**Cheyenne city council ordinance changes:** Robin: none

**ByLaws Committee:** Robin: Board recommended approval of the proposed changes. MSP by the membership to approve the changes. Robin will submit these to AKC.

**Old Business:**

Agility MATCH this fall along with a Barn Hunt practice match; probably October 20/21 at the Realta site east of town - JoLynn, Annalisa, and Mary.

2019 Awards luncheon suggestions: Dad's Café was eliminated as too small. Other suggestions were made. Preferred date was set as Jan. 12, 2019, with Jan 26 as 2<sup>nd</sup> choice.

**New Business:**

Volunteers were sought for nominating committee for 2019 Officers & Board. Bonnie will chair. Monica also volunteered. A 3<sup>rd</sup> non-officer/board member is still required. The members shall be notified of e candidates nominated thirty (30) days prior to the November meeting.

The club received an AKC email concerning a proposed letter to the US Senate & House committees urging increased USDA oversight of vaccinations & health certificates on imported dogs & a centralized electronic database to track these imports with an eye to better protect animal & public health in the United States. This was discussed & it was MSP to contact AKC to have our club included as one of the clubs supporting this measure. (This contact was later done by Recording Secretary via email as requested in the original email.)

**Show 2018:**

- Donation "bucket" to be set up by the catalog sales (proceeds to the Animal Shelter). Robin will set up the bucket/jar.
- CPR Certified person in attendance: Friday - Lisa Burgess; Sat & Sun – Leann Briggie (stewarding)
- Marking the RV parking was postponed until Friday 8/24 at 5:30 (and will continue on Saturday 8/25, if needed). Rolling measurers, tape, & extra trash cans have been purchased.
- Only 2 food trucks are actually coming, so the lunch tickets for working club members will be usable at the food trucks or upstairs in the judges' area.
- MSP to give a \$100 donation to Pastor Nathaniel for the Saturday Blessing of the Dogs.
- Perfect Potluck signup – food amounts requested will be increased to help cover the lack of food trucks.
- Setup: Wednesday 8/29 will begin at 5:00 p.m. Pizza will be provided by the club.
- Sandy will need help with taping the reserved grooming areas. Judy has & will bring to setup the parking passes for working club members.

Meeting was adjourned at 8:07 p.m.

Signed: Barb Patterson— Recording Secretary



## 2018 CLUB POSITIONS

**Animal Shelter Liaison:**

Robin Casey

**Specialty Club Liaison:**

Cathy Anderson

**Events Committee:**

Tess Galloway

**Awards Banquet & Annual Awards**

**Membership Committee**

Tess Galloway

**Finance & Audit Committee**

Barb Sahl



## MEETING AGENDA

- Call to Order
- Approval of Minutes
- Treasurer's Report
- Corresponding Secretary Report
- Guest Introductions
- Member Applications
- Committee Reports
- Old Business
- New Business
- Adjournment
- Brags

## PENDING APPLICATIONS

None

## Did You Know....

There are 18 different muscles that dogs use to move each one of their ears.



## What Vegetables Can Dogs Eat?

Vegetables can be a great addition to your dog's diet if you stick to those that are safe and hand out an appropriate amount. So which vegetables are good for dogs? Let's explore the best vegetables for dogs by veggie type.

By Wendy Newell Whole Dog Journal

As omnivores, dogs can digest plants as well as meat. Many nutritionists believe a mixture of both is important for a healthy dog.

My darling baby boy is a 12-year-old German Shorthair Pointer mix. When he was around 6 years old he started to put on some weight. Based on a suggestion from a friend, I did some research on what vegetables dogs can eat, cut back on his commercial dog food, and added a handful of frozen green beans to his dinner. The vegetable slowed down the gobbling up of his food, added volume without many calories to help him feel full, and easily fit into my budget. The trick worked! My pup slimmed down.



## Which Vegetables Are Good for Dogs, And Which Aren't?

### Leafy Greens

A good rule for finding leafy greens that your dog can eat is to stick to those that you would consume. Lettuce, spinach, chard, cabbage and kale are all okay for dogs. Besides being rich in vitamins A, C, and K, calcium, iron and potassium, leafy greens are also a good source of fiber. Much like humans, dogs get the most nutrients when the veggies are uncooked. Of course, if you want you can steam your dog's vegetables for something a little different, or bake them for a crunchier treat. The high fiber in leafy greens can cause some dogs to have an upset stomach after initially added to their diet. Introduce any new food slowly to keep your dog's tummy safe.

### Root Vegetables

In general root vegetables like carrots, beets, sweet potatoes and parsnips are safe to feed your dog. These vegetables are starchy and high in sugar, which means you do want to limit the amount you give to your dog (especially if his commercial or raw dog food already contains root vegetables – many do).

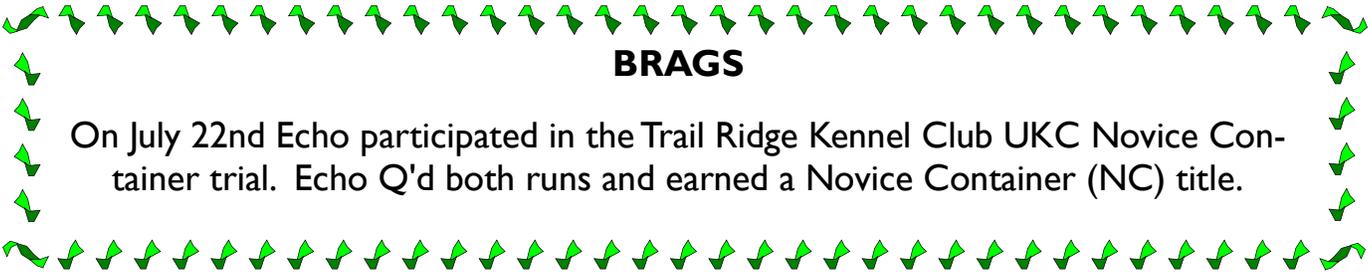
### Dreamstime

### Stalks

This includes vegetables like celery and asparagus. It may be a little harder to get your dog to enjoy these types of vegetables, but they are safe for dogs to eat. Some don't like the taste, and some find them hard to grind up in their teeth. To help, cut stalky vegetables into small pieces and/or steam them.

### Squash

Squash of all varieties are safe for dogs to eat. Pumpkin and butternut squash can help dogs with bouts of diarrhea, and most dogs don't mind the taste of squash. Use up all your excess summer squash from the garden by steaming it up for your dog, or cut up and bake this year's jack-o-lantern after Halloween for your dog to eat. It's best to limit your pup's consumption to the meat of the squash, keeping the seeds and skin away.



## BRAGS

On July 22nd Echo participated in the Trail Ridge Kennel Club UKC Novice Container trial. Echo Q'd both runs and earned a Novice Container (NC) title.

### Vegetables Continued....

#### Legumes

This vegetable group includes bean and alfalfa sprouts, mature beans such as kidney, pinto, and lentil, and peas. The topic of [legumes in dog food has been in the news lately](#). The reason is due to a recent [FDA update](#) which states there are reports of canine dilated cardiopulmonary (DCM) in dogs eating pet foods containing legumes or potatoes high up on the ingredients list. If the protein of your dog's diet relies heavily on legumes or potatoes, you should not only avoid giving more of this plant group to your dog, but also consider reducing the levels of legumes in his main dog food, i.e. changing dog foods.

*A note on green beans:* Green beans may be the most widely-fed vegetable to dogs because of their taste and easy digestion. Please be aware that, despite their name, green beans are not actually classified as beans, and therefore don't warrant the limitations recommended for true legumes.

#### Alliums

Alliums are bulb vegetables like onions, garlic, leeks, chives, and shallots. Do not give your dog access to these plants, as they are [toxic to dogs](#). Negative side effects of eating onions or garlic for dogs range from a stomach ache to developing anemia which, at it's worse, can cause organs to shut down.

#### Broccoli, Brussel sprouts, Cauliflower, Corn and Cucumber

All of these veggies are safe for your dog to munch on but, like other vegetables, keep it to small quantities - especially if your dog isn't used to eating these types of foods. Remember to take the corn off the cob before handing it over to your dog. Although the cob itself isn't bad for a dog to consume, it is easy to swallow in chunks or whole, which can cause choking or intestinal obstruction.

Whenever changing your dog's diet make sure to check with your vet, go slow, and pay attention to your dog. If you follow these guidelines, adding vegetables to your pup's food can help him receive a more varied, nutritionally complete profile in his diet.

#### Tips for Feeding Your Dog Vegetables:

- Frozen bags of vegetables are often on sale. Stock up. Have a blend ready to grab in a Tupperware bowl in the freezer.
- If your pup is sensitive to the cold of a frozen vegetable put a small bowl in the refrigerator for easy treat access.
- For a summer treat add vegetables to a 1:1 mixture of chicken broth and water in an ice tray. Once frozen pop out one or true for a delicious hot day treat.
- When cooking set aside the unused vegetable trimmings that are safe for your dog to consume. A great no waste alternative to throwing it in the garbage.
- If your dog doesn't want anything to do with vegetables and you want to supplement what he is getting in his regular diet you can chop fine or puree and mix into his meals. For treats adding some dog-safe peanut butter (no sugar, just peanuts) can get your dog started. Eventually you should be able to back off on the addition and feed the vegetable plain.
- \* Vegetables are a great reward in [treat puzzle games](#). As always make sure you watch your dog when those are in use and that all edible treats are cleaned from the puzzle before storing away.

# Front Range Events

10/31 \* \* \* \* \* **October** \* \* \* \* \*

Start	Venue	Town	State	Club	Contact
10/4	AKC	Herding	Wellington	CO	Buckhorn Valley Kennel Club; Rancho Terra Norte Val Manning; 970-568-7708 <a href="mailto:Ter-&lt;br/&gt;raNorte@aol.com">Ter- raNorte@aol.com</a>
10/13	AKC	AG	Arvada	CO	Terry-All KC; APEX Field House Deb Lewis; 970-532-3124 <a href="mailto:Look-&lt;br/&gt;outTS@aol.com">Look- outTS@aol.com</a>
10/13	AKC	Herding	Wellington	CO	Buckhorn Valley Kennel Club; Rancho Terra Norte Val Manning; 970-568-7708 <a href="mailto:Ter-&lt;br/&gt;raNorte@aol.com">Ter- raNorte@aol.com</a>
10/14	AKC	Tracking	Littleton	CO	Pembroke Welsh Corgi Club; Chatfield; VST/TDU Lynn Kaemmerer; 303-794-9246 <a href="mailto:badblackcor-&lt;br/&gt;gi@gmail.com">badblackcor- gi@gmail.com</a>
10/20	AKC	AG	Windsor	CO	Longs Peak DTC; Arena Sports Deb Lewis; 970-532-3124 <a href="mailto:Look-&lt;br/&gt;outTS@aol.com">Look- outTS@aol.com</a>
10/26	AKC	B/OB/R	Greeley	CO	Buckhorn Valley KC; Island Grove Park Onofrio Dog Shows; 405-427-8181 <a href="mailto:mail@onofrio.com">mail@onofrio.com</a>
November					
11/2	AKC	AG	Longmont	CO	Flatirons KC, Boulder CFG Deb Lewis; 970-532-3124 <a href="mailto:Look-&lt;br/&gt;outTS@aol.com">Look- outTS@aol.com</a>
11/9	AKC	B/OB/R	Pueblo	CO	Southern Colorado KC; Colo. State FG Onofrio Dog Shows; 405-427-8181 <a href="mailto:mail@onofrio.com">mail@onofrio.com</a>
11/11	AKC	B/OB/R	Pueblo	CO	Colorado Springs KC; Colo. State FG Onofrio Dog Shows; 405-427-8181 <a href="mailto:mail@onofrio.com">mail@onofrio.com</a>
11/17	AKC	AG	Golden	CO	Mile High Agility Club (MHAC); Jefferson CFG Deb Lewis; 970-532-3124 <a href="mailto:Look-&lt;br/&gt;outTS@aol.com">Look- outTS@aol.com</a>
11/17	AKC	Tracking	Littleton	CO	Denver Foothills Tracking Assoc.; Chatfield; TDX Lynn Kaemmerer; 303-794-9246 <a href="mailto:badblackcor-&lt;br/&gt;gi@gmail.com">badblackcor- gi@gmail.com</a>
11/23	AKC	AG	Elbert	CO	Southern Colorado Agility Club (SCAC); Latigo Trails TBD -

**Abbreviations:** AG - Agility, B - Breed (Conformation), CA - Coursing Ability, CFG - County Fairgrounds, DOC - Dog Obedience Club, DTC - Dog Training Club, FG - Fairgrounds, KC - Kennel Club, N/A - Not applicable, NW - Nosework, OB - Obedience R - Rally, UNK - Unknown

## Barn Hunt - A Game of Hide & Seek for Dogs

by Eva Fowler Raczka and Deb Eldredge. This new sport involves finding rats placed in tubes (no harm is done to the rats by the way) in a barn-like environment encouraging dogs to use their natural instincts to find quarry and requiring team work between the dog and handler.

The sport of Barn Hunt is fully explained in this new book, complete with training exercises, rules of the sport, and how to improve performance. See Dogwise or Cleanrun to order your copy.

